

## Our Spiritual Nutrition

### Scripture Reading — John 6:57-58

*"Just as the living Father sent me and I live because of [him], so the one who feeds on me will live..."*  
John 6:57 —

What are your favorite travel snacks? What munchies do you take along when you go hiking or biking or on a road trip? Some people like energy bars; others prefer trail mixes of nuts and dried fruit; others go for fresh veggies like carrots or celery. These simple snacks give us nutrition that we need during our travels.

As we travel the journey of faith, we also need an energy source that provides strength and stamina. But here we have to be especially careful. Our trip will last a lifetime, so we need something more serious than a casual snack. Our journey can be ruined if we make the wrong choices. The Bible's advice is clear: Jesus says that he himself should become our spiritual nutrition!

What does this mean? The living Father sent Jesus in order to find and save his lost ones. So all who turn to Jesus in faith, depending on him for spiritual food, can connect to the life-giving strength of God the Father.

Do you feel exhausted in your spiritual journey? Do you lack energy for your daily walk with Christ? Turn to Jesus, and he will replenish your strength. Remember that every day you need some time for reading his Word, conversing with him in prayer, and reflecting on the Lord and how he wants you to live. Let Jesus become your source of spiritual nutrition, and he will give you inner strength and life everlasting.

### Prayer

*Our Father, we praise you for sending your Son. He is our only reliable source of spiritual nutrition and life everlasting. Continue feeding us on our daily spiritual journey! Amen.*

**Devotion topics:** [Life](#), [Christian Life](#), [Seeking God](#)

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